



CCAR
BRIDGEPORT
CONNECTICUT COMMUNITY
FOR ADDICTION RECOVERY

February 2022

430 State Street
Bridgeport, CT 06604
(203) 332-3303

Amanda Flick, Center Manager
Liz Torres, Volunteer Manager

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	HOURS: Mon-Fri 8:30am-4:30pm	1 Staff meeting 9:30-11:00 12:00-1:00 ARM 1:00 Spanish ARM 1:30 Storytelling with TJ	2 10:00-12:00 Orientation with Liz 12:00-1:00 ARM 1:00 Spanish ARM 2:00 Recovery Coach Performance with Phil Valentine	3 10:00-11:45 RC Module with Liz 12:00-1:00 ARM 1:00 ARM Spanish 1:00 CCAR's Annual Meeting	4 10:00 Women's Empowerment 10:00 Men's Meeting 12:00-1:00 ARM 1:00 Spanish ARM 2:30-4:00 Friday Funday! Music, Games, Movies	
6	7 10:00 Daily Meditation 12:00-1:00 ARM 1:00 Spanish ARM 1:30 Narcan Training 2:30 Grief Recovery Method	8 10:00 How you livin' 12:00-1:00 ARM 1:00 Spanish ARM 2:00-3:00 Recovery Advocacy Training	9 10:00 Daily Meditation 12:00-1:00 ARM 1:00 Spanish ARM 1:15 Willingness Wednesday with Brian	10 10:00-11:45 RC Module with Liz 12:00-1:00 ARM 1:00 Spanish ARM 1:30 Recovery Capital with Nicole 3:00 Meditation Group	11 10:00 Men's Meeting 10:00 Women's Empowerment 12:00-1:00 ARM 1:00 Spanish ARM 2:30-4:00 Friday Funday! Music, Games, Movies	12
13	14 10:00 Daily Meditation 12:00-1:00 ARM 1:00 Spanish ARM 2:00 Valentine's Day Crafts	15 10:00 How you livin' 12:00-1:00 ARM 1:00 Spanish ARM 1:30 Storytelling with TJ	16 10:00-11:30 Orientation w/ Liz 12:00-1:00 ARM 1:00 Spanish ARM 1:00-2:00 Problem Gambling Event 2:30 Grief Recovery Method	17 10:00-11:45 RC Module with Liz 12:00-1:00 ARM 1:00 Spanish ARM 2:00 Meditation Group	18 10:00 Men's Meeting 10:00 Women's Empowerment 12:00-1:00 ARM 1:00 Spanish ARM 1:00-2:00 Wellness Activity with Sacred Heart OT students	19
	21 CCAR Closed President's Day	22 10:00 How you livin' 12:00-1:00 ARM 1:00 Spanish ARM 1:30 Storytelling with TJ	23 10:00 Daily Meditation 12:00-1:00 ARM 1:00 Spanish ARM 1:15-Willingness Wednesday with Brian 2:30- Leadership with Amanda and Liz	24 10:00-11:45 RC Module with Liz 12:00-1:00 ARM 1:00 Spanish ARM 2:00 Gratitude Group 2:00 Finance 101	25 10:00 Men's Meeting 10:00 Women's Empowerment 12:00-1:00 ARM 1:00 Spanish ARM 1:00-2:00 Wellness Activity OT students 2:30-4 Volunteer Recognition	
27	28 10:00 Daily Meditation 12:00-1:00 ARM 1:00 Spanish ARM 1:30 Black History Month Celebration!	RECURRING VIRTUAL MEETINGS: All Recovery Meeting (ARM): Mon-Fri 12:30pm [Zoom ID: 738 520 747] Friends, Families, Allies Support: Mondays at 5pm [Zoom ID: 560 608 198] Recovery Capital: Wednesdays at 10am [Zoom ID: 849 864 80030] Recovery on a High Note: Wednesdays at 3pm [Zoom ID: 856 929 83103] Parents in Recovery: Wednesdays at 5:30pm [Zoom ID: 851 3570 7081] Women's ARM: Fridays at 10am [Zoom ID: 495 736 963]				